

Timely diagnosis can go a long way in maintaining the health of your loved one.

Persons with Down syndrome are prone to develop conditions such as diabetes, Alzheimer's, sleep apnea and others that require medical attention. Sometimes these may present themselves unusually as behaviour changes or loss of function. Diagnosis in a timely and accurate manner enables effective management and a better quality of life.

Down Syndrome Association (Singapore) has designed this checklist of common medical issues to help practitioners and families keep track of recommended tests and their frequency of administration.



About Down Syndrome Association (Singapore)

DSA(S) is a self-funded voluntary welfare organisation with IPC status, committed to serving persons with Down syndrome and their families and advocating for their needs.

DSA(S) Key Services:

- Family Support Services (FSS) to serve families
- Adult Enhancement Programme (AEP) for adults 18 years and above
- Integrated Facilitation Support Programme (IFSP) for children with Down syndrome in mainstream schools
- Enrichment Programmes for children and adults of various ages

Contact us to learn more about our services, donate to us, or volunteer with us:

Down Syndrome Association (Singapore)

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A healthcare checklist for persons with Down syndrome



With regular health checks I can go to work, be independent and live an active life.

June works at Faber Peak



You can contribute to the wellbeing of persons with Down syndrome as they age.

Healthcare Checklist for persons with Down Syndrome

	1mth-1yr	1-5 yrs	5-13 yrs	13-21 yrs	21 + yrs
Thyroid function (fT4 + TSH)	●	●	●	●	●
Vision Screening	●	●	●	●	●
Hearing Screening	●	●	●	●	●
Dental Screening	●	●	●	●	●
Track growth (Use Down syndrome-specific growth charts, BMI)	●	●	●	●	●
Enquire about vaccinations; discuss influenza, papilloma virus	●	●	●	●	●
Cervical spine X-ray		●			
Discuss developmental concerns		●	●	●	●
Enquire about obstructive sleep apnea		●	●	●	●
Discuss skin issues		●	●	●	●
Discuss behavioral challenges, dual diagnosis (i.e. Down syndrome + co-morbidity)		●	●	●	●
Discuss diet and physical activity		●	●	●	●
Integrated screening (Hypertension, Hypercholesleretemia, Diabetes mellitus)					●
Mammogram, Papsmear, Colonic cancer, Osteoporosis, Dementia					●
Enquire about menstrual issues				●	●
● Annually ● Once ● Follow MOH guidelines					